

8th Kyu - White Belt

- 1) Must have trained at least 10 sessions for adults, or 15 sessions for juniors, since passing 9th kyu exam.
- 2) Must understand the basic techniques.
- 3) Must demonstrate the correct kata sequences.

Test Fee \$15.00

KIHON WAZA	Basic Techniques
Kiba-zuki	Horse stance and punch
	(1)Jodan -face level
	(2)Chudan -stomach level
Gyaku-zuki to uke Mae-geri	Reverse punch and block
Mae-geri	Front kick
IDO KIHON WAZA	Moving Techniques
Oi-zuki to Sono-uke, gyaku-zuki	Moving forward lunge punch; going back, block and reverse punch
Mae-geri to sono-uke, gyaku-zuki	Moving forward front kick; going back, block and reverse punch
KATA	
Happo-geri	
Heian shodan	
Kumite	
Kihon Ippon	1 step sparring
	2 face punches, 2 stomach punches, 2 kicks - all with appropriate blocks and reverse punch